



COVID19
CORONAVIRUS DISEASE

FIRST RESPONDERS & FRONTLINE WORKERS

COPING WITH STRESS

COMMON SIGNS OF STRESS

Physical effects: stress rapid heart rate, headaches, irregular heartbeat, trouble falling or staying asleep

Emotional effects: strong negative feelings of anger, frustration, irritability, and deep sadness

Mental effects: trouble thinking clearly or problem solving, confusion, distorting and misinterpreting of comments

Social effects: withdrawing or isolating, hostility and conflicts with coworkers, friends, and family

STRESS CAN ALSO RESULT IN RISKY BEHAVIOR SUCH AS:

Failing to use personal protective equipment, or
refusing to follow orders

Increased use or misuse of prescriptions drugs and alcohol

Harm to oneself or others

ADDITIONAL SUPPORT AND RESOURCES ARE AVAILABLE

SAMHSA National Disaster Distress Helpline (24/7)

Call 1 (800) 985-5990

Text "TalkWithUs" to 66746

National Suicide Prevention Lifeline

1 (800) 273-TALK (24/7)

Crisis Text Line (Free crisis counseling 24/7)

Text "Frontline" to 741741